

Call 1-800-242-4942



or your local Maryland WIC office

Allegany County .....	301-759-5020
Anne Arundel County .....	410-222-6797
Baltimore City	
Johns Hopkins .....	410-614-4848
Health Department .....	410-396-9427
Baltimore County .....	410-887-6000
Calvert County .....	1-877-631-6182
Caroline County .....	410-479-8060
Carroll County .....	410-876-4898
Cecil County .....	410-996-5255
Charles County .....	301-609-6857
Dorchester County .....	410-479-8060
Frederick County .....	301-600-2507
Garrett County .....	301-334-7710
Grantsville Residents .....	301-895-3111
Harford County .....	410-273-5656
Howard County .....	410-313-7510
Kent County .....	410-810-0125
Montgomery County .....	301-762-9426
Prince George's County	
Greater Baden .....	301-324-1873
Greenbelt Area .....	301-762-9426
Health Department .....	301-856-9600
Queen Anne's County .....	443-262-4423
Somerset County .....	410-749-2488
St. Mary's County .....	1-877-631-6182
Talbot County .....	410-479-8060
Washington County .....	240-313-3335
Wicomico County .....	410-749-2488
Worcester County .....	410-749-2488

# Maryland WIC

Better Nutrition Brighter Future



## What is WIC?

1-800-242-4942 | www.mdwic.org



The Maryland WIC Program is a nutrition program that gives extra food, tips on healthy eating, breastfeeding help, and referrals for other services for women, infants, and children.

### Who can get WIC?

#### Women

- Pregnant and up to 6 weeks after pregnancy
- Postpartum women up to 6 months after baby's birth
- Breastfeeding moms up to baby's first birthday

#### Infants

- Up to their first birthday

#### Children

- Up to their fifth birthday

### Who can apply for WIC?

- You can have a job or not.
- You can be married, single, or live with parents.
- Fathers, mothers, grandparents, or guardians can apply for children under age 5.

### Where can I live and how much money or income can I make to get WIC?

- You must live in the state of Maryland to be in the Maryland WIC Program.
- You can only make up to a certain amount of money or income.

### How can I find out if I can get WIC?

The best way is to call and make an appointment at a WIC clinic near you. Phone numbers for WIC clinics can be found on the back of this brochure.

### Can I get WIC if I am in another program?

Some people are able to get WIC because they are in other programs like:

- Foster Care
- Medical Assistance
- SNAP or Food Stamps
- TCA (Temporary Cash Assistance)

If you are in one of these programs, call your local WIC clinic to find out if you can get WIC.



Martin O'Malley, Governor  
Anthony G. Brown, Lt. Governor  
Joshua Sharfstein, M.D., Secretary, DHMH

This institution is an equal opportunity provider.



# WIC helps women, infants and children eat better to have a healthier future.

## Women

- Get to prenatal care earlier
- Eat better while pregnant and right after having baby
- Gain the right amount of weight while pregnant
- Have fewer miscarriages
- Carry baby to full term

## Infants

- Grow better
- Are born the right size
- Fewer infant deaths

## Children

- Eat better
- Grow better
- Are ready to start school
- See the same doctor
- Get shots on time
- Have good blood levels of iron



## WIC is more than food.

WIC gives tips on shopping, cooking, eating well, and connects you with other health and wellness services. WIC is for a healthier Maryland. **Tell a friend!**

## What foods does WIC give and why?

WIC gives foods to help you be healthy like a doctor might give medicine to make you well. Everyone gets different foods based on their needs.

### WIC Foods



- Milk
- Cheese
- Soy beverages

### Foods with calcium for strong bones and teeth.



- Cereal
- Brown rice
- Soft corn or whole wheat tortillas
- Whole grain bread

### Grains with iron for energy, and folic acid for healthy growth.



- Fruit or vegetable juice
- Fruits and vegetables, fresh, frozen, or canned

### Fruits and vegetables to keep your heart and weight healthy.



- Dried or canned beans, peas, lentils
- Eggs
- Canned fish
- Peanut butter
- Tofu

### Foods with protein for strong muscles and healthy skin.



- Baby foods
- Infant cereal

### For infants who breastfeed some of the time or do not breastfeed, WIC gives iron-fortified infant formula.

## How does WIC help breastfeeding?

A big part of WIC is to help babies have the best start in life. WIC moms are encouraged to breastfeed their babies. Pregnant women and new WIC moms get breastfeeding tips and help.

WIC breastfeeding moms also get:

- More foods than moms who do not breastfeed
- Get WIC longer than non-breastfeeding moms
- One-to-one support from peer counselors and breastfeeding experts
- Breast pumps and other supplies as needed



## How much food does WIC give?

WIC gives supplemental or extra foods. The WIC Program does not give all the food you will need. You will need to buy more food than WIC gives.

## You will get checks for your foods to use at WIC approved stores or farmers' markets in Maryland.

## 3 easy steps

### to apply for Maryland WIC:

- 1 Find the WIC clinic near you by calling **1-800-242-4942** or visiting [www.mdwic.org](http://www.mdwic.org).
- 2 Call your WIC clinic and make an appointment.
- 3 Come to your WIC appointment with this information:

**Proof of identity.** Bring **one** for **each** person who is applying:

- Birth certificate
- Crib card from the hospital for new babies
- Driver's license or MVA ID card
- Picture identification from the government, school, or your job
- Social Security card

**Proof of household income.** Bring at least one:

- Benefits letters: Child Support, SSI, Social Security, Unemployment
- Independence Card
- Medical Assistance cards for all family members
- Recent family pay stubs dated within 30 days

**Proof of your address.** Bring one:

- Copy of a lease
- Driver's license or MVA ID card
- Official mail like a bill or statement

**Proof of pregnancy, only if pregnant.**

Bring one:

- Doctor's note
- Pregnancy test results from a doctor or clinic
- Sonogram

**Immunization record for an infant or child under the age of 2.**